

**2006 Body for Life
Grand Champion for Men age 50+
"2006 was the most challenging year of my life!"**

Michael Harris shares: "...I was horrified at the before photo I shot on my 60th birthday. Surely I couldn't have gotten that pudgy in so short of a time! But it did the trick! That day, August 25, I became the comeback kid....I suddenly realized that I wasn't....solving my....problems by acting like a selfish slug, so that's exactly what I did - got off my butt and got to work...."



"Just for your information, I eat six small meals a day, consisting of high quality proteins and low glycemic carbs, with limited amounts of good fats and oils. I work out much less than most people would think. I do resistance training three days a week, each session taking 30 to 45 minutes, and I do three high intensity interval training cardio sessions a week, on the days I don't lift. Those are each 20 minutes long. So, I invest only a little over 3 hours a week in physical activity. I work out at home so I don't ever have an excuse for missing a session...I have lost 28#, dropped my waist size four inches and have never felt better."



**"I know one thing for sure -
I don't intend to let myself go downhill
like that ever again!"**

Submitted by Michael Harris, DLEG